



Wallace

Reducing Records

A PERSONALIZED METHOD
FOR HOME REDUCING • FIGURE
CONTROL • REPROPORTIONING

"GET THIN TO MUSIC"
154 EAST ERIE STREET
CHICAGO 11, ILLINOIS

SECOND LESSON

CAUTION! DO NOT TRY TO TAKE THE COMPLETE COURSE until you have prepared yourself.

This preparation takes time and systematic application and should not be hurried.

It will probably be some time before you are capable of executing the movements correctly, but you will enjoy the lessons in the meantime.

KEEP FIT TO MUSIC is a course which is complete in itself, and should enable you to accomplish results with less time and effort than any plan I know of, and when you master all the different exercises you will realize why I have warned you to follow the gradual week-to-week instructions.

If you will adopt my systematic plan of regularity—6 days each week, I can promise you results which will be a great satisfaction to you, whereas if you try to "rush" the lessons before you are ready you may become discouraged.

Set an objective for each week and if you only give nature a chance, by following my common-sense plan, you will gradually see and feel the results of your efforts, and I will be able to make good my promises to you.

If you have already spent a few days with the First Lesson, you are probably ready for Lesson No. 2. Today's lesson should consist of:

TWO playings of Record No. 1 and ONE playing of Record No. 2.
Tomorrow:

ONE playing of Record No. 1 and TWO playings of Record No. 2, continuing this program daily for one week.

Check up on the exercises in my First Lesson. Even in this short time they should be found less difficult. You should be gradually catching up with the lively tempo of the Cross-over Kick, which I have purposely set to a fast tempo in order that you would get "warmed up" right at the beginning of your daily lesson. The hands can be raised a little higher each week as you become more supple.

On the Wig-Wag it's a good idea to take a look at your elbows to see that they are not bent.

When executing the Bicycle movement be sure to describe a large circle with your feet - the larger the better.

My course does not call for starvation. You need not under-nourish your body to attain normal weight if you are overweight. The food suggestions offered in the enclosed diet will help.

Practice a little self-denial in your choice of foods, and you will very likely find that after you have returned to your normal weight it will not be necessary to cut out so many things which you enjoy.

You should be able to keep your weight at the desired figure if you exercise regularly. The Summary tells you what to do when you are at this point in your "Streamlining" campaign.

Physicians are recommending my course to young mothers who, after taking on surplus weight, wish to regain their normal weight and proportions.

Of course, there are a great number of women taking this course who are not particularly concerned about their weight, but who realize that exercise is important to anyone who wishes to "keep fit".

Some are underweight as a result of one condition or another often brought on by lack of good circulation.

That's where this course of mine fills the bill in a way that makes it a simple matter to follow, and it is convenient to have your lesson at any time of the day that suits you. However, if possible, it's a good idea to set a certain time each day to encourage regularity.

If you find it difficult to master my system of rhythmic breathing, I suggest that you practice the breathing instructions given in Lesson #6. Do not try to do the other 6th Lesson exercises until directed.

THIRD LESSON

These exercises should begin to bring results in poise and posture.

Try to do each movement correctly and gracefully just as you would if I was there to correct you. Remember what I have said regarding a large mirror in the room in which you exercise to help keep your positions correct.

In the Circle movement, the larger the circumference of the circle you describe, the greater the result you will accomplish. Take count of 1 and 2 to complete each circle. Likewise the longer the stride or step taken on the Treading movement, the more you accomplish. And be sure to think of proper breathing with every movement. With these new exercises may come a few kinks or stiff muscles here and there, inasmuch as they are bringing into play some new areas.

Your program for the coming week is as follows:

Today:

ONE playing of Records No. 1, No. 2 and No. 3.

Tomorrow:

ONE playing of Records No. 1, No. 2, and No. 3. The same daily routine thereafter until you are ready for my next instruction.

The "Chair-kick" is simple but very effective if done correctly. The body should not be allowed to sway forward and backward, as the leg goes up and down. Hold onto the chair tightly and try to kick both forward and back just as far as you can, with each day's work improving over the day before. Try to keep the heel off the floor and the knee straight.

By the time you finish this week's lessons, you should be feeling and seeing results.

FOURTH LESSON

I want your earnest co-operation at this time, as it is about the time when many of my patrons report astonishing results. Naturally they do not astonish me, because I realize that preparation has been taking place right along, even though there has not been any great outward manifestation.

In other words, the foundational work I have been giving you up to now is about ready to help put your weight and proportions where they belong. But I repeat it is very essential that you co-operate with me thoroughly during the lesson.

I cannot, of course, tell at just what period of my course the important changes will definitely occur, as this is bound to vary according to the individual. Whatever the circumstances, do not be discouraged as to the eventual result. Where evidence of your changes are slow to start it may mean that your individual constitutional conditions have taken Nature a little longer to prepare the system for healthful reportioning.

The reason I emphasize patience at this particular point is this:

A person may relax in her effort along about the 4th Lesson. Yet they may be at the very verge of the noticeable results. To lag at this stage, just when the system is nicely attuned to change, means, 'of course, so many days lost.

Be sure that the head is kept on the floor while going through the Scissors exercise.

Here is this week's program:

ONE playing of each of Records No. 1, No. 2, No. 3 and No. 4. Do this the first day and every day for a week without variation.

There are two more lessons to follow - a new one each week. Later on you will continue to make use of all the lessons, aided by the Summary Chart on which simple directions for using will be found. I want you to realize the great value of the Summary and use it when the proper time comes.

Continue exactly as directed here and in your next lesson.

FIFTH LESSON

You are now arriving at a stage where you are Streamlining in earnest.

The movements combined in this - your Fifth Lesson - are bound to have effects if you apply them conscientiously. You may even feel lameness in some new spots, but this should help to make you realize the effectiveness of these very important exercises.

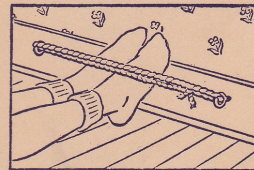
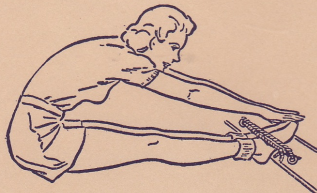
Here is your program for today and the rest of the week:

ONE playing each of Records No. 1, No. 2, No. 3, No. 4 and No. 5.

I hope that by this time you are mastering correct breathing, which we take up in detail in our next lesson.

Be sure you have a good thick blanket folded on the floor for these exercises.

But most important is the "Anchor", which I have illustrated for your benefit.



It is foolish to try to get along without this help because you can multiply the results of certain exercises given in my course with the aid of this innocent looking little contrivance.

Simply go to the hardware or 5 and 10 cent store and purchase 2 screw-eyes about 2 inches long. Attach these to the base board, or in the floor near the wall, about 2 feet apart. String a soft cord, a rope or strap from one to the other so that you can slip your feet under it as the drawing shows.

You will find an altogether new and different Streamlining effect with the help of this "Anchor", so I beg of you, don't put off getting this simple but effective help, and I'm sure you will thank me for the suggestion later on in your lessons. I suggest that you put it some place behind an occasional chair, or some piece of furniture that is easily moved, but where it is not noticed when not in use.

Even though you are not yet ready for the Summary, I must tell you of the importance of the Uplift exercise. Also the Neck exercise and Ankle exercise, which you may want to use for special purposes later on.

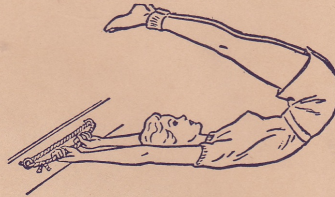
SIXTH LESSON

This is your Sixth or Final Lesson. No new exercises are required unless you feel the need of one or more of the special exercises given in the Summary. The table in the Summary also tells you which of the different exercises in the regular course to concentrate on for various purposes, in addition to the regular Figure Control routine. Naturally this lesson is a little more difficult than the preceding lessons, but by perserving and putting your earnest effort into it you will eventually realize its importance in the results obtained.

You probably realize by this time the importance of proper breathing in conjunction with exercising as taught by me and my course. I can't stress its importance too much as it is the very foundation of my system of instruction, and in order to get the most from my teachings, you should try to master it and follow it to the letter.

Here is your program for this week and for every day following:

One playing of all six lessons daily in numerical order. Follow this program week in and week out, and with the aid of the Summary, you should see the desired results.



If you have not already made an "Anchor" to hold your feet on the Sitting-up exercises, you will find it very difficult to go through exercise No. 17 in this lesson. Don't "put off" this important matter any longer, because it will prove a great help in doing some of the most important exercises. For instance, on the Crab exercise (#18), you can use the "Anchor" to hold onto with your hands and thereby avoid slipping out of a stationary position, as shown in illustration above. You may find it necessary to lengthen the cord, or strap, for this purpose, but by all means don't let a few pennies stand in the way of increasing the results made possible with the help of this simple home-made gadget.

Very respectfully,

Wallace

P.S. YOUR SUMMARY will be sent to you upon receipt of your final payment.

LOSES 40lbs.

*Listening
to
Music*



*Miss Betty Blazek
of Chicago has writ-
ten: "I lost 40 lbs.
in 3 months. I never
felt better in all my
life."*

This Coupon Entitles Bearer to a FREE TRIAL of

"GET THIN TO MUSIC"

WALLACE Reducing Records

IN JUST 7 DAYS, prove to yourself, FREE OF COST, that you, too, can take off 10, 20 or more pounds of excess weight. Banish "spare tire" waist-line, reduce bulging hips. Feel better the first day—weigh less the first week.

NO STARVATION DIETS—NO DRUGS

Reduce this NATURAL way—it's fun. Replace flabby fat with firm flesh which glows with new found vitality. You are urged to make a no-risk test in your own home. Act now—this liberal offer will soon be withdrawn.

SEND NO MONEY

Simply fill out the reverse side of this coupon. By return mail, postage prepaid, you will receive a WALLACE Reducing Phonograph Record and Lesson on 7 Days' FREE TRIAL. Sent in plain wrapper. This offer is good only to women over 18.



WALLACE
Creator of
"Get Thin to Music"
Coupon-Cost
Radio Program

Use Back for Sensational Offer!

Send This Coupon Today to

WALLACE RECORDS

154 East Erie St., Chicago 11, Illinois

Please send the first Wallace Reducing Phonograph Record and Lesson on 7 days' FREE TRIAL. I will try it for 7 days in my own home, and—if I am not convinced I can lose excess weight by this natural way, I will return the material to you. (This offer is open only to women over 18 years.)

NAME _____

ADDRESS _____

CITY _____

ZONE _____

STATE _____

RECOMMENDED BY:

Name _____

Address _____

City _____

State _____



Wallace

Reducing Re

A PERSONALIZED METHOD
FOR HOME REDUCING • FIGURE
CONTROL • REPROPORTIONING

"GET THIN TO 1
154 EAST ERIE ST
CHICAGO 11, ILL

Dear Friend:

Herewith. Welcome to the many thousands of enthusiastic patrons.

It affords us such great pleasure because we know that proper application of this splendid routine will bring about the desired results and you, too, will become one of the vast numbers of satisfied and grateful Wallace boosters.

May we, therefore, stress the importance of daily, religious exercising. REMEMBER, no excuse whatsoever for missing a single day when you have the records to inspire you. You will be more than repaid for your efforts with the amazing results you will obtain. You will regain an attractive figure of normal weight, fine posture and youthful vitality.

We know that you will be well pleased with your new appearance and also your feeling of well being. We also know that you will want to pass on the good word about the Wallace method to your friends and neighbors who are overweight. With this thought in mind, and in order to recompense you for your cooperation, we have devised a plan whereby you can benefit so that your Wallace course will COST YOU NOTHING. At the same time you will be doing your friends and yourself a favor.

Now, here's how the plan works. You will find enclosed five FREE TRIAL coupons. Hand them out to your friends and for each one that enrolls and pays cash in full we will send you our check for \$3.00. If your friend enrolls on the time payment plan the \$3.00 check will be mailed to you upon receipt of the final payment. Be sure to sign your name and address on each coupon in the space provided and which is marked "RECOMMENDED BY" so that credit can be given you when it is received. JUST THINK - five sales and you will receive a total of \$15.00 which will mean that you received your Wallace course ABSOLUTELY FREE. Isn't it worth a little effort on your part? Should you require additional coupons simply drop us a line and same will be mailed promptly.

May we count on your cooperation?

Very truly yours,

Wallace

W/PQ

Breakfast Suggestions

½ grapefruit
1 sliced orange
Any fresh fruit (except bananas) without sugar or cream
Grapefruit juice
Tomato juice
Prune juice and grapefruit juice—equal parts mixed
Fresh rhubarb and strawberry juice mixed

—○—
1 slice of Melba toast
½ pat butter
—○—

Black coffee—coffee substitute, or tea (without cream or sugar)
—○—

Upon arising drink a glass of hot water with the juice of a lemon or ½ lemon
—○—

Eat sensibly . . . and—

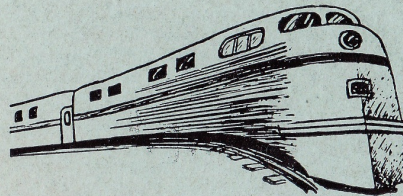
“Keep Fit to Music”

Wallace

Streamliner

MENUS—

—○—
*Suggestions for
Figure Control*
By WALLACE
—○—



Dinner Suggestions

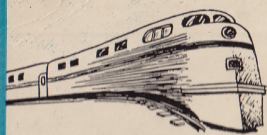
Roast beef, lamb or veal—1 slice lean (no gravy)
 6 stalks of asparagus
 1 dish carrots
 1 cup fresh strawberries
 —○—
 2 lamb chops (lean)
 1 cup spinach
 ½ cup stewed tomatoes
 ½ head lettuce*
 2 slices pineapple
 —○—
 Hamburger steak
 ½ cup string beans
 ½ cup carrots
 Fresh fruit gelatin salad*
 —○—
 Broiled fish
 Small baked potato
 Stewed tomatoes
 Cucumber salad*
 Fresh pineapple
 —○—
 Chicken—roasted or broiled
 String beans
 Sliced tomatoes
 1 cup fresh berries (without cream or sugar)
 —○—
 Steak—minute, tenderloin, cube or round steak
 (generous helping)
 Green vegetable salad (raw or cooked)*
 ½ grapefruit
 —○—
 Eggs—scrambled, poached or boiled
 6 stalks asparagus
 1 cup stewed tomatoes
 1 raw apple
 —○—
 Broiled liver—1 slice
 ½ cup boiled onions
 ½ cup fresh peas
 Combination salad*
 Melon filled with berries

Luncheon Suggestions

Vegetable spring salad—lettuce, celery, endive,
 watercress and tomatoes*
 —○—
 Combination salad—tomatoes, lettuce, cucumber,
 radishes and onion*
 —○—
 Cooked vegetable salad—asparagus, string beans,
 cauliflower, spinach, peas and carrots*
 —○—
 Fresh fruit salad—pineapple, grapefruit, oranges, straw-
 berries and pears with a tablespoon of cottage cheese*
 —○—
 Tomato and cottage cheese salad—one large tomato
 stuffed with 2 tablespoons cottage cheese*
 —○—
 Tomato and shrimp salad—one large tomato stuffed with
 shrimps and celery*
 —○—
 Pineapple salad—½ cup shredded pineapple, ½ cup
 chopped apples, ½ cup finely grated raw carrots*
 —○—
 Anchovy salad—chop ½ head lettuce, 1 cooked beet
 (chop very fine), 1 hard cooked egg (chop very fine),
 8 or 10 sprigs of watercress, 6 anchovies—mix
 well and place on sliced tomato*
 —○—
 Pineapple and cottage cheese salad—2 slices pineapple,
 3 tablespoons of cottage cheese, on shredded lettuce
 —○—
 Pear and cottage cheese salad—2 half pears, 2 table-
 spoons cottage cheese on lettuce leaves
 —○—
 Prune, apricot and cottage cheese salad—3 prunes, 3
 apricots, 3 tablespoons of cottage cheese
 on shredded lettuce
 —○—

*Diet dressing (French type)—Take equal parts of any good mineral oil, lemon juice, and tomato ketchup; season with celery salt, mix thoroughly like any salad dressing (1 table-
 spoon contains 10 calories).

Diet dressing (Mayonnaise type)—Put into a mixing bowl the yolks of two eggs, pour two tablespoonfuls of lemon juice over the yolks. Now, three tablespoonfuls of mineral oil. Beat thoroughly for about half a minute. Continue to beat rapidly and add 1 cupful of mineral oil gradually. Salt to taste.



2ND LESSON... ◆ ◆ ◆

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STATIONARY TROT (4)

On the Count

One—

Step high with
the right foot.



On the Count

Two—

Step high with
the left foot.



PIVOT (5)

On the Count

One—

Pivot to the right
bending left knee.



On the Count

Two—

Pivot to the left
bending right knee.



These are not hard exercises but you should put vigor into each one of them for best and quickest results in repropotioning your figure. You get out of them just what you put into them.

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BENDING (6)

On the Count
One-Two
Touch the floor
to the right.



On the Count
Three-Four
Return to starting
position.

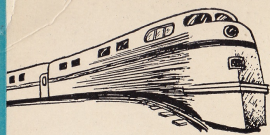


On the Count
One-Two
Touch the floor
to the left.



On the Count
Three-Four
Return to starting
position.



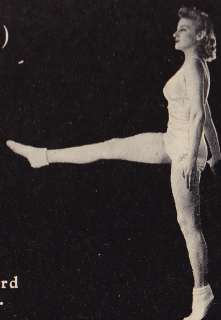


3RD LESSON...

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CHAIR KICK (7)

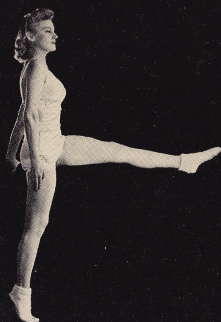
On the Count
One—
Kick forward
with right foot.



On the Count
Two—
Kick down and
backward with the
right foot.



(Change to the left foot
when directed.)



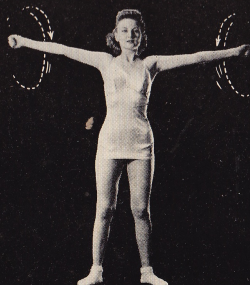
These exercises are more difficult than the preceeding ones. If your figure does not outwardly manifest results at first, nevertheless the improvement is likely being brought about.

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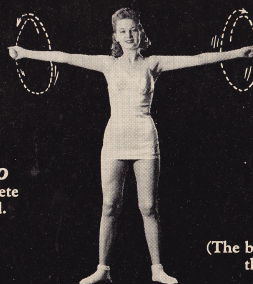


CIRCLE (8)

On the Count
One-Two
Describe complete
circle forward.



On the Count
One-Two
Describe complete
circle backward.



(The bigger the circle,
the better.)

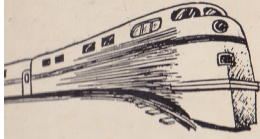
TREADING (9)

On the Count
One—
Change from right
foot to left foot
forward by means
of a little jump.



On the Count
Two—
Change from left
to right foot for-
ward and continue
right and left alter-
nating.



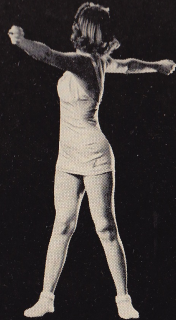


4TH LESSON...

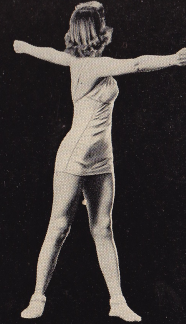
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TWISTER (10)

On the Count
One-Two
Turn around to
right far as you
can. Look back-
ward.

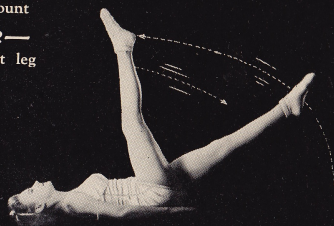


On the Count
Three-Four
Turn around to
left. (Keep arms
high.)

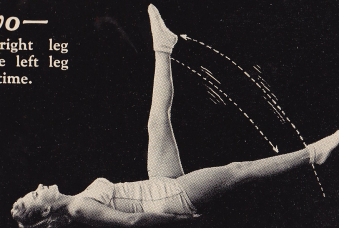


SCISSORS (11)

On the Count
One—
Raise right leg
knee stiff.



On the Count
Two—
Lower right leg
and raise left leg
at same time.



It is perfectly natural for you to respond to this course of Figure Control if you follow the directions. Time required to bring results varies with the individuals. Keep up your exercises every day.

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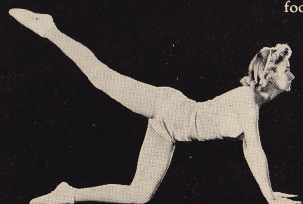


MULE KICK (12)

On the Count

One—

Kick back and upward with right foot.



On the Count

Two—

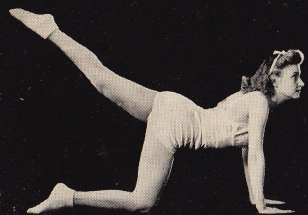
Return right knee to the floor.



On the Count

Three—

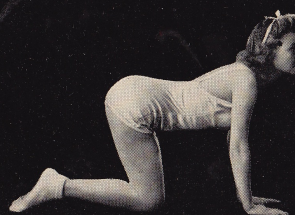
Kick with the left foot.

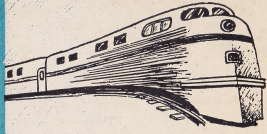


On the Count

Four—

Return left knee to the floor.





5TH LESSON...

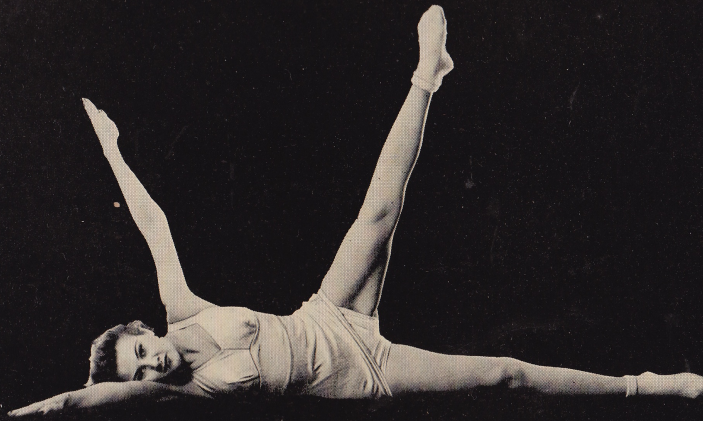
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SIDE KICK (13)

On the Count

One—

Raise left arm and
leg toward ceiling.



On the Count

Two—

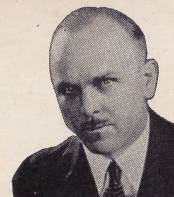
Lower arm and
leg to starting
position.



Roll over on left side, and raise right arm and leg, when directed.

You are now coming to the more difficult exercises but you should be about ready to go forward in your Streamlining campaign. Your repositioning should begin to make itself evident from this point on.

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LEGS UP STRAIGHT (14)

On the Count

One-Two

Raise both legs
without bending
the knees.



On the Count

Three-Four

Lower the legs to
the floor.

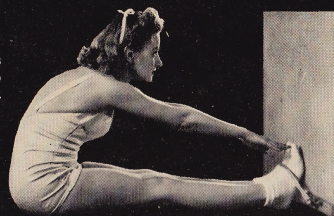


TOUCHING TOES (15)

On the Count

One-Two

Swing the arms
forward, sit up
and touch the toes.



On the Count

Three-Four

Return to starting
position.



(Refer to Lesson Instructions regarding "anchor" used for holding feet - See illustration.)

You are now at a most important period of your Streamlining campaign. The accumulative value of your efforts with the foregoing lessons should begin to make themselves evident.

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SITTING UP (17) (ARMS FOLDED)



On the Count
One-Two
Rise to sitting
position.



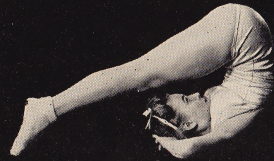
On the Count
Three-Four
Return to starting
position.



This exercise is less difficult when the "anchor" is used to hold the feet down.

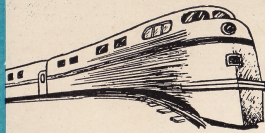
THE CRAB (18)

On the Count
One-Two
Roll up on your
shoulders



On the Count
Three-Four
Return to starting
position.





6TH LESSON ♦ ♦ ♦

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BREATHING (16)

Breath is life.

Breathing is living.

Proper breathing is proper living.

•

Rhythmic breathing is the very foundation of my entire course. All of my movements are built around rhythmic breathing. You *must* breathe correctly. Follow my directions carefully. Let me teach you how to breathe properly, and you will be well repaid by the results from this training *alone*. You may possibly notice a sort of dizzy feeling as a result of the first few breathing lessons. Do not let this worry you. It is caused by consuming a greater amount of oxygen than you were accustomed to. It will disappear after the first few efforts.

•

Don't "hold your breath" during any movement. Breathe naturally. With all the simpler movements, ONE full respiration to TWO completed movements. With the slower movements, such as "touching toes" the full respiration is required for the one

full movement. On this you exhale as you rise to the sitting position and bend forward—and inhale as you return slowly back to the floor.

•

Always exhale during the time of greatest effort in any movement.

•

This prevents the bad habit of "holding your breath," and also promotes proper breathing at *all* times. "Holding your breath" causes a rush of blood to the head, as you have probably noticed. Breathing should be effortless and noiseless. Never breathe through the mouth. Mouth breathers once converted to breathing properly, through the nose, soon discover that nature provided them with a more wonderful air-conditioning system than any devised by the modern engineer.

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The timing and breathing of movements is easily understood as directed, and becomes automatic after a few lessons as you listen to the music and counting.